

FIVE RECIPES / TEN LUNCHES

5 High-Protein Workday Lunches

+ One Shopping List

Five simple meals with one-lunch portions, estimated nutrition and a combined shopping list for two of each.



INSIDE YOUR GUIDE

- | | |
|---------------------------------------|--|
| 02 Plan Your Lunches | 06 Turkey Meatballs & Rice |
| 03 Lemon Chicken & Rice Bowl | 07 Burger Bowl With Crispy Potatoes |
| 04 Taco Beef & Rice Bowl | 08 One Shopping List |
| 05 Salmon & Roasted Potato Box | 09 Notes & Sources |

Every recipe makes one lunch. Double each ingredient to make two.
Use the storage plan on page 2 before you prep.

[START HERE](#)

Plan Your Lunches

Use the guide for one person or two. Shop once, then choose a cooking schedule that keeps each lunch fresh and safe.

Know Your Portions

Every recipe makes **one complete lunch**. Double all ingredients for two. The shopping list covers two of each recipe: **10 lunches total**.

Prep In A Useful Order

Wash and cut produce first. Weigh proteins separately; wash hands and clean tools after raw meat or fish. Start rice and potatoes, then cook the proteins while they cook.

Pack Hot And Cold Separately

Use shallow lunch containers and small sauce cups. Keep yogurt sauces, lettuce, tomatoes and cucumber separate from food that needs reheating. Pack with an ice pack; refrigerate on arrival.

Weigh Before Cooking

Meat, fish and produce weights are **raw edible weights**; rice and oats are **dry**. Use grams for accuracy. Changing amounts, brands or toppings changes nutrition.

Keep It Cold

Keep your fridge at **40°F (4°C) or below**. Eat refrigerated cooked meals within **3-4 days**. Ten lunches are a shopping quantity, not a fridge-storage window.

Chill Promptly

Refrigerate in shallow containers within **2 hours**, or **1 hour** above 90°F (32°C). Chill rice promptly too; do not leave a large pot on the counter.

Freeze Later Lunches

Cook in smaller sessions, or freeze later cooked portions on prep day. Store at **0°F (-18°C)**; use within 3 months for best quality. Thaw overnight in the fridge. Make cold toppings only for the next 3-4 days; prepare fresh batches for later lunches.

Reheat Thoroughly

Heat cooked components to **165°F (74°C)**. Cover rice with a splash of water and stir midway. Add cold salad and sauces afterward. A thermometer checks safety better than cooking time.

LUNCH 01

ABOUT 30 MIN TOTAL

Lemon Chicken & Rice Bowl

Chicken, white rice, broccoli and a bright lemon-yogurt sauce.



PER LUNCH

1 serving | nutrition estimates

555 kcal

52 g protein

62 g carbs

10 g fat

What Goes In

- 170 g** boneless, skinless chicken breast
- 60 g** dry long-grain white rice
- 100 g** small broccoli florets
- 75 g** cherry tomatoes, halved
- 60 g** plain nonfat Greek yogurt
- 15 g** lemon juice (1 tbsp)
- 4.5 g** olive oil (1 tsp)
- 3 g** garlic, minced (1 small clove)
- 0.5 g** dried oregano ($\frac{1}{2}$ tsp)
- 1.5 g** salt ($\frac{1}{4}$ tsp) + **0.2 g** black pepper ($\frac{1}{8}$ tsp)

How To Make It

- 01** Rinse rice. Boil with 160 ml ($\frac{2}{3}$ cup) water. Cover; simmer on low 15-18 minutes, then rest off heat 5 minutes. Use packet ratios if different.
- 02** Meanwhile, slice chicken into $\frac{1}{2}$ -inch strips. Toss with oil, oregano and half the salt and pepper. Pan-cook over medium-high heat 6-9 minutes, turning, to **165°F (74°C)**.
- 03** Steam broccoli 4-6 minutes, until tender-crisp. Mix yogurt, lemon, garlic and remaining salt and pepper.
- 04** Pack all rice, chicken and broccoli as one lunch. Keep tomatoes and sauce separate; add after reheating.

Pack Smart Keep tomatoes and sauce cold. Contains milk.

LUNCH 02

ABOUT 30 MIN TOTAL

Taco Beef & Rice Bowl

Seasoned beef, white rice and sweet peppers with a lime-yogurt finish.



PER LUNCH

1 serving | nutrition estimates

618 kcal

48 g protein

65 g carbs

18 g fat

What Goes In

- 170 g** 93% lean ground beef
- 60 g** dry long-grain white rice
- 100 g** red bell pepper, diced
- 50 g** onion, diced
- 50 g** romaine, shredded
- 60 g** plain nonfat Greek yogurt
- 15 g** lime juice (1 tbsp)
- 4.5 g** olive oil (1 tsp)
- 1 g** paprika ($\frac{1}{2}$ tsp) + **1 g** ground cumin ($\frac{1}{2}$ tsp)
- 1.5 g** salt ($\frac{1}{4}$ tsp) + **0.2 g** black pepper ($\frac{1}{8}$ tsp)

How To Make It

- 01** Rinse rice. Boil with 160 ml ($\frac{2}{3}$ cup) water. Cover; simmer on low 15-18 minutes, then rest off heat 5 minutes. Use packet ratios if different.
- 02** Meanwhile, heat oil in a nonstick pan over medium-high heat. Cook bell pepper and onion 4-5 minutes, stirring.
- 03** Add beef, paprika, cumin and half the salt and pepper. Break up and cook 6-8 minutes to **160°F (71°C)**. Add a little water if spices catch.
- 04** Mix yogurt, lime and remaining salt and pepper. Pack all rice and beef together; keep lettuce and sauce separate.

Pack Smart Keep lettuce and lime yogurt cold. Contains milk.

LUNCH 03

ABOUT 45 MIN TOTAL

Salmon & Roasted Potato Box

Golden potatoes and green beans with salmon and lemon yogurt.



PER LUNCH

1 serving | nutrition estimates

714 kcal

49 g protein

58 g carbs

33 g fat

What Goes In

- 170 g** skinless farmed Atlantic salmon
- 250 g** skin-on potatoes, ½-inch cubes
- 150 g** green beans, trimmed
- 60 g** plain nonfat Greek yogurt
- 15 g** lemon juice (1 tbsp)
- 9 g** olive oil (2 tsp)
- 1 g** paprika (½ tsp)
- 1.5 g** salt (¼ tsp) + **0.2 g** black pepper (⅛ tsp)

How To Make It

- 01** Heat oven to **425°F (220°C)**. Pat potatoes dry. Toss with 1 tsp oil, paprika and half the salt and pepper. Roast on a lined tray 20 minutes; turn.
- 02** Toss beans with the other 1 tsp oil. Add beans and salmon to the tray in separate sections. Add remaining salt and pepper.
- 03** Roast 12-15 minutes more, until potatoes are tender and salmon reaches **145°F (63°C)**. Remove salmon sooner if ready.
- 04** Mix yogurt and lemon juice. Pack salmon, potatoes and beans as one lunch. Keep sauce cold and separate.

Pack Smart Keep sauce cold. Contains fish and milk.

LUNCH 04

ABOUT 40 MIN TOTAL

Turkey Meatballs & Rice

Five turkey meatballs, tomato sauce, white rice and roasted zucchini.



PER LUNCH

1 serving | nutrition estimates

670 kcal

47 g protein

70 g carbs

23 g fat

What Goes In

- 200 g** 93% lean ground turkey
- 60 g** dry long-grain white rice
- 150 g** zucchini, ½-inch half-moons
- 125 g** plain canned tomato sauce, no added oil
- 30 g** onion, finely grated
- 10 g** dry plain quick oats (2 tbsp)
- 4.5 g** olive oil (1 tsp)
- 3 g** garlic, minced (1 small clove)
- 0.5 g** dried oregano (½ tsp)
- 1.5 g** salt (¾ tsp) + **0.2 g** black pepper (⅛ tsp)

How To Make It

- 01** Heat oven to **425°F (220°C)**. Mix turkey, oats, onion, garlic, oregano and half the salt and pepper. Rest 5 minutes; form 5 meatballs.
- 02** Toss zucchini with oil and remaining salt and pepper. Arrange beside meatballs on a lined tray. Bake 16-20 minutes to **165°F (74°C)**; turn zucchini halfway.
- 03** Meanwhile, rinse rice. Boil with 160 ml (⅔ cup) water. Cover; simmer on low 15-18 minutes, then rest off heat 5 minutes. Use packet ratios if different.
- 04** Simmer tomato sauce. Coat cooked meatballs; pack all 5 with rice and zucchini as one lunch.

Pack Smart Freeze the whole cooked meal. Contains oats; use certified gluten-free if needed.

LUNCH 05

ABOUT 45 MIN TOTAL

Burger Bowl With Crispy Potatoes

Two beef patties, golden potatoes, crisp salad and mustard yogurt.



PER LUNCH

1 serving | nutrition estimates

615 kcal

49 g protein

56 g carbs

22 g fat

What Goes In

- 170 g** 93% lean ground beef
- 250 g** skin-on potatoes, ½-inch cubes
- 60 g** romaine, shredded
- 100 g** cherry tomatoes, halved
- 75 g** cucumber, diced
- 60 g** plain nonfat Greek yogurt
- 10 g** yellow mustard (2 tsp)
- 9 g** olive oil (2 tsp)
- 1 g** paprika (½ tsp)
- 1.5 g** salt (¼ tsp) + **0.2 g** black pepper (⅛ tsp)

How To Make It

- 01** Heat oven to **425°F (220°C)**. Pat potatoes dry; toss with oil, paprika and half the salt and pepper. Roast on a lined tray 30-35 minutes, turning halfway, until golden and tender.
- 02** Meanwhile, shape beef into **2 patties**, ½ inch thick. Add remaining salt and pepper. Heat a nonstick pan over medium-high heat.
- 03** Cook patties 4-5 minutes per side to **160°F (71°C)**. Mix yogurt and mustard.
- 04** Pack both patties and all potatoes as one lunch. Keep romaine, tomatoes, cucumber and sauce separate; add after reheating.

Pack Smart Keep salad and sauce cold. Contains milk and mustard.

TWO OF EACH RECIPE / TEN LUNCHES

One Shopping List

The totals below cover two servings of all five recipes. Check your pantry first. Weights are the amounts used; buy enough to allow for trimming.

Protein & Dairy

- ☐ **340 g** boneless, skinless chicken breast (12 oz)
- ☐ **680 g** 93% lean ground beef (1½ lb)
- ☐ **340 g** skinless farmed Atlantic salmon (two 6 oz fillets)
- ☐ **400 g** 93% lean ground turkey (14 oz)
- ☐ **480 g** plain nonfat Greek yogurt (about 2 cups)

Pantry & Seasonings

- ☐ **250 g** plain canned tomato sauce, no added oil (about 1 cup)
- ☐ **63 g** olive oil (4 tbsp + 2 tsp)
- ☐ **20 g** yellow mustard (4 tsp)
- ☐ **2 g** dried oregano (2 tsp)
- ☐ **6 g** paprika (3 tsp)
- ☐ **2 g** ground cumin (1 tsp)
- ☐ **15 g** table salt (2½ tsp)
- ☐ **2 g** black pepper (1¼ tsp)

Vegetables & Citrus

- ☐ **200 g** broccoli florets (about 2 cups)
- ☐ **350 g** cherry tomatoes (about 2⅓ cups)
- ☐ **200 g** trimmed red bell pepper (about 2 medium peppers)
- ☐ **160 g** peeled onion (about 1 large)
- ☐ **220 g** trimmed romaine (about 4½ cups)
- ☐ **300 g** trimmed green beans (about 3 cups)
- ☐ **300 g** zucchini (about 2 medium)
- ☐ **150 g** cucumber (about ½-1 cucumber)
- ☐ **12 g** peeled garlic (about 4 small cloves)
- ☐ **60 g** lemon juice (4 tbsp; about 2 lemons)
- ☐ **30 g** lime juice (2 tbsp; about 1-2 limes)

Grains & Potatoes

- ☐ **360 g** dry long-grain white rice (about 2 cups)
- ☐ **1,000 g** skin-on potatoes (2.2 lb)
- ☐ **20 g** plain quick oats (¼ cup)

Weights cover the amounts used. Buy larger packs as needed; produce and citrus yields vary.

A FEW USEFUL NOTES

Notes & Sources

How To Read The Numbers

Nutrition estimates are for **one complete lunch**, including every listed ingredient, oil and sauce. Estimates use USDA FoodData Central SR Legacy values and are rounded. Brands, portions and cooking losses vary; calories may differ from a simple 4/4/9 calculation.

A Note On Measurements

Meat, fish and produce amounts are raw edible weights, after trimming. Rice and oats are dry weights. Each rice recipe uses the full cooked yield of 60 g dry rice, usually about 170-180 g cooked. US measures are approximate; grams govern the recipe and nutrition estimate.

Make A Batch Without Guesswork

For two of each rice meal, cook **360 g dry rice** using your packet ratio and divide the cooked yield equally into **6 portions**. Double every other ingredient. Avoid overcrowding pans and trays, and verify each protein with a thermometer. Freeze later portions as described on page 2.

Before You Cook

Recipes were developed for this guide and have **not been kitchen-tested**. Times are estimates; safe internal temperatures and doneness take priority. Check ingredient labels for allergens. Food images are AI-generated illustrations; your finished portions may look different.

SOURCES

01 USDA FoodData Central - SR Legacy ingredient data

Ingredient energy and nutrient data used for these estimates.

02 USDA FSIS - Leftovers and Food Safety

Cooling, refrigerator storage, freezing, transport and reheating guidance.

03 FoodSafety.gov - Safe Minimum Internal Temperatures

Minimum safe cooking temperatures for chicken, turkey, beef and fish.